

Post Huntt (H.)

A VISIT

TO THE

RED SULPHUR SPRING

OF VIRGINIA,

DURING THE SUMMER OF 1837:

WITH

Observations on the Waters.

BY

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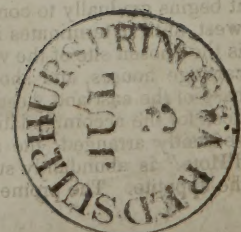
Dock
Potter
Cincinnati
Ohio

A VISIT
TO THE

RED SULPHUR SPRING OF VIRGINIA, &c.

I was attacked with a slight hemorrhage from the lungs
attended with a distressed state of those important
organs, and a medical treatment, and continued
by my falling strength, the
of the brain, and in a short time, I felt my-
self unable to continue my usual labors; but with the exception
of a slight continued with occasional pain
in the chest, I passed about the liver, stomach, and
were attended with increased cough,
and night sweats; my weight
and fifteen pounds
in the middle of July, I left my home for
the first evening I arrived at the
Washington;
and thirty miles from Washington;
I planned into the delightful
which I would earnestly caution all
with the whole system expanded by
the bath, its effects were very great
I became chilly, and the feeling
and pain in the chest. After
I continued my journey,
where I remained two
days, and then I returned to the
and passed the night at noon, and at the
the celebrated fountain for the be-
The Red Sulphur Spring is situated in
about twenty miles south-west
for the county. The approach to the
Washing his way round a
a moment flamed out of his lungs
of some hundreds of feet immediately
at length reaches a ravine,
of a variety
The south end of the en-
of it is about two hundred feet in
and fifty yards, when
the direction to the north-west and
The beautifully secluded Temple
is occupied by a number of
the southern portion, just at the
upon which stand the various edi-
These buildings are spacious and con-
and obedient; and the Table
supplied with every variety of articles that can tempt
the palate, which are nearly enclosed by a white railing.

Red Sulphur Spring



Cincinnati
Ohio

A VISIT

TO THE

RED SULPHUR SPRING OF VIRGINIA, &C., &C.

IN March, 1837, I was attacked with a slight hemorrhage from the lungs, attended with other symptoms indicating a diseased state of those important organs. For a time I neglected to resort to medical treatment, and continued to pursue my professional labours, until warned by my failing strength that the disease was gaining ground. By the application of the usual remedies, the violence of the symptoms was soon subdued, and, in a short time, I felt myself sufficiently restored to resume my usual labours; but, with the exercise, my wonted strength did not return; the cough continued, with occasional pain in the chest, and an uneasy sensation of fulness about the liver, stomach, and spleen. These symptoms, after a time, were attended with increased cough, copious, morbid expectoration, hectic chills, fever and night sweats; my weight was reduced from one hundred and thirty-five to one hundred and fifteen pounds.

Such was my situation, when, about the middle of July, I left my home for the Red Sulphur Spring in Virginia. On the third evening I arrived at the Warm Spring, a distance of two hundred and thirty miles from Washington; and immediately after getting out of the stage, I plunged into the delightful bath of that place, an imprudence against which I would earnestly caution all invalids, who arrive, after a long journey, with the whole system exhausted by fatigue. The consequences, in my own case, warrant me in pronouncing it to be fraught with great danger. While in the bath, its effects were very grateful and pleasant; but, shortly after leaving it, I became chilly, and this feeling was followed by hot skin, intense headache, and pain in the chest. After breakfast the next morning, though still very unwell, I continued my journey, and arrived before night at the White Sulphur Spring, where I remained two days, drinking freely of the water, which seemed only to increase the cough and pain in the chest, and produce an aggravation of all the other symptoms. Leaving this place on the third morning, I passed Union at noon, dined at the Salt Sulphur, and before sunset, arrived at this celebrated fountain, for the benefit of whose waters I had left home. The Red Sulphur Spring is situated in latitude $37^{\circ} 37'$, in Monroe county, Virginia, about twenty miles south-west of Union, which is the seat of justice for the county. The approach to the village is beautifully romantic and picturesque. Wending his way around a high mountain, the weary traveller is for a moment charmed out of his fatigue by the sudden view of his resting place, some hundreds of feet immediately beneath him. Continuing the circuitous descent, he at length reaches a ravine, which conducts him, after a few rugged steps, to the entrance of a verdant glen, surrounded on all sides by lofty mountains. The south end of this enchanting vale, which is the widest portion of it, is about two hundred feet in width. Its course is nearly north for about one hundred and fifty yards, when it begins gradually to contract and change its direction to the north-west and west, until it terminates in a narrow point. This beautifully secluded Tempe is the chosen site of the village. The north-west portion is occupied by stables, carriage houses, and shops of various sorts; the southern portion, just at the base of the east and west mountains, is that upon which stand the various edifices for the accommodation of visitors. These buildings are spacious and conveniently arranged; the servants are prompt and obedient; and the "Table d'Hôte" is abundantly supplied with every variety of viands that can tempt the appetite. The promenades, which are neatly enclosed by a white railing,

are beautifully embellished, and shaded from the mid-day sun by indigenies of the forest, the large umbrageous sugar maple, (*the acer saccharinum.*) The Spring is situated at the south-west point of the valley, and the water is collected into two white marble fountains, over which is thrown a substantial cover.

At the distance of a few hundred yards from the Red Sulphur Spring, up the south ravine, there is another spring, supposed to be a Chalybeate, of a *singular* character. My situation did not permit me to make a satisfactory examination of its water, but I should be highly gratified to know the particular character of the water of this spring.

The forest trees of the eastern and western mountains have been cut down by Mr. Burke, the present worthy proprietor of the spring, so that this delightful glen enjoys the purifying influence of the sun from seven o'clock in the morning until near five in the afternoon, which makes the grounds much drier than they formerly were, and less liable to morning fogs. Regular stages, or post coaches, arrive here daily, both from the north and south. It is but justice to the amiable and intelligent proprietor, to say, that the improvements he has made, within the short period of four years since he has had the control, give assurance that, should he live a few years longer, the Red Sulphur Spring will not be excelled by any of the numerous places of resort among the salubrious mountains of the Old Dominion, either in magnificence of scenery, beauty, taste, comfort or health.

On the evening of my arrival at the Spring, I commenced the use of its water. The next day, during a violent paroxysm of coughing, a coagulum of blood was discharged from the lungs, which was followed by considerable hemorrhage. After this, the cough became less troublesome, but the evening exacerbations of fever and the night sweats continued, my pulse beating a hundred and fifteen strokes in a minute. I confined myself to a low diet, and drank six glasses of the water during the day, namely, two before breakfast, one at 11 A. M., one at 5 P. M., and two at bed time. The water acted freely on the bowels, and particularly on the secretions of the liver. In ten days, the abdominal viscera were entirely relieved, the pulse reduced to seventy-eight, and the fever and night-sweats had ceased. The quantity of water was now increased to twelve glasses during the day, taken at the same hours, but in double doses. It acted very gently on the bowels and skin, but most powerfully as a diuretic. Thus it appears that in small quantities the water acted freely on the bowels, and but little on the kidneys, while, in larger quantities, it acted freely on the latter, and scarcely affected the former. In fact, I could direct its action to the one or the other, at pleasure, by increasing or diminishing the quantity. My cough became better, but my strength still continued feeble, owing to my extremely low diet, and the copious action of the water. Unfortunately I took but little exercise, which I deem all-important while using the waters.

After a residence of three weeks at the Spring, and the constant use of the water during that time, to the manifest alleviation of the most pressing symptoms of my complaint, I was unexpectedly called home, in consequence of the illness of a member of my family. In the commencement of my homeward journey, my weak state compelled me to make very short stages; but as soon as I had crossed the mountains, and resumed my usual mode of diet, my appetite and strength returned rapidly, and I completed the distance of three hundred and six miles, in five days, without feeling the slightest inconvenience. The water seemed to produce its good effects in the improvement of my health for months after I had left the Spring.

In a conversation with Mr. Harvey, a plain, honest, and sensible man, who was the former proprietor of the Red Sulphur Spring, I gathered the following facts, which I give in his own words. He stated "that he had lived at and about the place for upwards of forty-three years. The Spring was first visited by the neighbours for itch, sore legs, and other inveterate diseases of the skin, which were always cured by drinking the water, and rubbing the parts affected with the muddy deposit. About thirty-six years ago, Dr. John Cabell, of Lynchburg, Pa., was the first person who visited the Spring for a cough, and disease of the throat, attended with chills and fevers. He remained here

several weeks, and returned home much better. The next season several other persons came, with cough and every appearance of consumption. Afterwards, the number of visitors afflicted with this disease increased every year. There are many persons now living, within my knowledge, (said Mr. Harvey,) and enjoying excellent health, who visited this Spring many years ago, to all appearance in the last stage of consumption. The visitors who were most benefited by the water remained here five or six weeks, confined themselves to a diet of rye mush and milk, and were industrious in rising early, drinking the water, and taking exercise. Others who indulged themselves in eating, sleeping late in the morning, and lounging about during the day, derived but little advantage from the use of the water, and generally returned home dissatisfied. The cold plunging, or shock bath, was used in those days with decided advantage. I never knew a case injured by the use of the cold bath. Many cases of dropsy visited the Spring, and I never knew an instance where they were not relieved by the use of the water. One of my neighbours was cured many years ago by the use of this water, and now enjoys excellent health. I have known many persons affected with complaints of the liver and bowels, completely relieved by the Red Sulphur water. From the first of May to the middle of November is the proper time for using the water to advantage; but I think it strongest, in its various virtues, during the months of September and October."

The following was presented to me by Dr. Saunders, the resident physician, as an analysis of the Red Sulphur water, made at the Spring by Professor Rogers, the Geologist of Virginia; but it certainly does not satisfactorily account for the wonderful effects of the water:

"Temperature of the Spring, 54° Fahr.

"Gaseous contents in an imperial gallon:

"Sulphuretted hydrogen, 4.54, cub. in.

"Carbonic acid, - - 8.75.

"Nitrogen, - - - 4.25.

"Solid contents of 32 cubic inches of water, gr. 1.25, consisting of sulphate of soda, lime and magnesia, carbonate of lime, and muriate of soda. Besides these ingredients, the water contains, in considerable quantity, a peculiar organic substance which, mingled with sulphur, is deposited on the sides of the spring, and seems to increase by a species of organic growth."

The Red Sulphur water is decidedly sedative in its effects. It subdues chronic inflammation, tranquillizes irritation, and reduces the frequency of the pulse in the most astonishing manner.

It has been considered peculiarly adapted to the cure of pulmonary diseases, and it is true, that it has a most beneficial influence in most cases of this disease; but its good effects equally extend to all cases of sub-acute inflammation, whether seated in the stomach, liver, spleen, intestines, kidneys, or bladder, and most particularly in the mucous membrane. In fact, nature never yet gave to man a remedy capable of more extensive application, nor better calculated to relieve a larger class of diseases.

It is not uncommon for persons to arrive at the Spring, who have not been able to sleep during the night, even with the aid of opium, and who, after drinking the water for a few days, find their nervous irritation so soothed and allayed, that no other anodyne is required to procure them full repose for the night. This fact is so striking, that a young lady of this place, in writing to her father from the Red Sulphur, facetiously styles it "Sleepy Hollow." The soporific effect of the water was most forcibly exemplified in the case of Mr. C. Smith, of Georgetown, D. C., a gentleman of the highest respectability, who had been for some time labouring under chronic laryngitis, and had not enjoyed sleep for months, even with the aid of large doses of morphia. He arrived at the Red Sulphur a few days after myself, and immediately commenced a free use of the water—the third night after his arrival, he slept soundly all night, without either coughing or turning in bed, and not only continued to sleep well every night during the use of the water, but was compelled, from the drowsy feeling which it produced, to indulge himself in more than one nap during the day.

In a letter, dated some years ago at this Spring, from the late F. W. Gilmer, Esq., Professor of Law in the University of Virginia, he says: "These waters are far superior to all others. In a few hours they allayed my cough so as to take away all that was unpleasant in it. They diffuse a sense of coolness, freshness, and newer life over the whole system. They abate the pulse most rapidly, remove fever, lubricate and soften whatever is hard and dry, make one sleep as though he had taken an anodyne,—are the safest of all waters—and, indeed, have no ill quality."

The late venerable Dr. R. H. Bradford, of Va., who practised medicine for many years at the Red Sulphur, in a communication on the subject of the water, remarks: "The effect of this water in reducing the frequency of the pulse is one of the numerous, singular and powerful properties belonging to it. It lessens arterial action to such a degree, that it seldom fails to remove fever, difficulty of breathing, and pain in the chest. When the patient is restricted to a proper regimen, this water may be taken with greater advantage in all pulmonary cases, than any other remedy I have ever seen employed for that purpose. It is also an important remedy in enlarged liver and spleen, and in diseases of the mucous membrane generally."

The Rev. W. M. Green, a pious, good man, of Hillsboro', North Carolina, makes the following communication, dated October 15th, 1837. "In the month of March, 1830, (being then in my 32d year,) I was taken with a distressing cough, which would scarcely permit me to speak half a dozen words successively without interruption. The attack was doubtless the effect of much exposure in travelling the preceding winters, hastened and aggravated by certain symptoms of dyspepsia, which had been increasing upon me for some months previous. The symptoms of my disease, when first taken down, and for a long time after, were an incessant, hacking cough, and clearing of the throat without expectoration, a sense of choking or suffocation in the lower part of the larynx, which afterwards became inflamed and painful—a pulse varying from 100 to 120 strokes in a minute—a stricture across the breast, preventing full inspiration—dark greenish stools—lateritious urine—copious and exhausting night sweats,—sleeplessness—great nervous irritability—a craving appetite, with oppression after eating—insatiable thirst—frequent involuntary sighing, and more or less fever during the day, especially in the afternoon.

"The medicines first administered were brown mixture and other expectorants of a similar kind, together with the free use of tartar emetic ointment. My disease, however, seemed to gather force, until a temporary check was given by the exhibition of calomel in broken doses, till salivation was produced, which alleviated some of the most distressing symptoms. As soon as I had regained sufficient strength for the journey, I set out with a kind friend to spend a few weeks near the sea-coast. The trip, however, was without sensible benefit, owing to the prevalence at the time of raw easterly winds, and I returned to all appearance the same, if not worse than on leaving home.

"Having heard much of the efficacy of the Red Sulphur Waters, I determined to try them. Accordingly, leaving home early in July, I reached that place about the 10th, confining myself closely to the use of the water, and of the sulphur shower-bath for nine weeks. I had not been at the Spring more than two days before I began to experience a favourable influence on my system generally, as well as an amelioration of some of the principal symptoms of my complaint. My pulse soon felt the *wonder-working power of that mysterious tempest-stilling agent which* resides in those waters. Arterial action was greatly reduced—the nervous system composed—the cough brought down to a mere fractional part of its former proportions—digestion improved—sleep restored—urine rendered colourless—the stricture across the breast less oppressive—night sweats lessened—in a word, every painful and dangerous feature of the disease was moderated, and time allowed to nature to shake off the enemy—the two most striking effects produced by the use of this water was the evident reduction of arterial action, at the same time that the general system was recovering its tone, and the total extinguishment of that burning thirst which had been tormenting me for more than twelve months. I hesi-

tate not to state here, what may appear incredible to many, that for nearly six months after I returned home, I felt no symptom of thirst, whereas, before my going to the Spring, scarcely fifteen minutes would elapse, during the day, between my calls for water. This latter effect was still more strikingly experienced in the case of the Rev. Mr. H——t of Halifax county, Va., who assured me, after visiting the Spring a single season, he remained eighteen months a stranger to thirst. As to the effect on my pulse, although it was decidedly marked and beneficial, yet there were other cases under my own observation of still more striking character. One I distinctly remember, that of a Mr. Boal, a young Irishman, residing in Lynchburg, Va. He came to the Spring by the advice of his physicians, who saw in him the well known symptoms of pulmonary disease. On his arrival the average stroke of his pulse was from 110 to 120 in a minute. In *three days*, without the aid of any other means than the free use of the water, it was reduced to the healthful beat of 65 strokes in a minute. The case of Mrs. B——r, of Raleigh, is no less remarkable; such was the effect of the water on her arterial system, that a single glass was known to reduce the pulse 10 beats in a minute.

"My usual habit was to drink three or four glasses of the water before breakfast—three at 11 or 12 o'clock—two about 5 o'clock in the afternoon, and two on going to bed. I am convinced that what was taken late at night, and very early in the morning, was more efficacious than all the rest taken during the day. My exercise consisted of a ride of three miles before breakfast, on horseback, another about sunset in my carriage, and in the interval an occasional game at the shuffle-board—a game which, though not very refined, is unquestionably admirably adapted to exercise a weak chest.

"It may be well to mention here that on my return home, my appearance was so little improved as to produce the impression among my friends that my trip had been without benefit. Nor was the improvement which really had been produced perceived in its extent, even by myself, until I had been at home a week or two. I mention this for the encouragement of other invalids, who return home dejected and hopeless, because they do not experience the immediate good effect of this and the other sulphur waters. That effect is, in many cases, felt only after the fatigue of the journey is over, and the noisy bustle of the watering place forgotten amidst the comfort and quiet of home. I will only add, that after my return I was enabled occasionally to occupy my pulpit, and to enjoy the society of my friends.

"The next season I sought the mountains again; but, finding my pulmonary symptoms in a great measure removed, and my dyspepsia but little abated, I spent the greater part of my time at the White Sulphur. A third visit, two years after the second, served to remove every unpleasant symptom, and put the blessing of health once more in my reach. At this moment, the only remnant of disease, which all my friends and nearly all my physicians, pronounced to be *phthisis pulmonalis*, is an appetite which often needs the bridle of just moderation.

"To Him who preserved me be all honour and praise."

Mr. James Boal of Lynchburg, who lost two brothers by pulmonary consumption, in a communication, dated, Red Sulphur, August 5th, 1837, states: "A change of life, from being an active farmer to that of a sedentary store-keeper, produced constipation and general debility, (especially in my arms and knees) a dry, tickling sensation in the throat, slight cough and but little expectoration. The tightness increased, until, on riding a refractory horse, I had an attack of hemorrhage; the discharge at first was pretty copious, of a scarlet, frothy appearance, moderating to a mixture of bloody phlegm. My nights were passed with but little sleep, and that disturbed by troublesome dreams. In the month of June, 1828, had an attack of diarrhœa, and was very much reduced. About the 1st of July, 1828, I visited the Red Sulphur Spring. My pulse, on my arrival, (when free from excitement,) was about 120 pulsations in a minute; I commenced drinking the water, and in one week my pulse was reduced to 65 strokes in a minute, with an improvement in my strength and feelings generally. Supposing my cure effected, I omitted the use of the

water a few days, and found my pulse increasing in frequency. I again used it three weeks longer, when my pulse was reduced to its former standard of 65 strokes in a minute. My course of diet—for breakfast, dried toast and boiled milk, or black tea; for dinner, a little venison, mutton, rice, or cold wheat bread; for supper, cold rye mush and milk, always guarding against rich sauces or pastry; took exercise in the open air. My plan was to drink freely, say six or eight glasses of the water before breakfast, keeping in constant motion. The general operation of the water was that of a diuretic, and by taking exercise, perspiration was very copious; my bowels were regular, once a day, and have continued so (except from casual indisposition) ever since. I visited the Red Sulphur in the summer of 1829, and had my general health so completely restored, that I am now here, in August, 1837, on a visit to my old friend and benefactor, in perfect health."

The following communication is from Chief Justice Taney, of the Supreme Court, U. S., dated Baltimore, Jan. 8th, 1838.

"The information you have received as to the benefit derived from the Red Sulphur Spring by Mrs. Taney and myself is correct. We spent six weeks or more there in the summer of 1835, and both of us were in bad health when we went there. The journey, however, was undertaken on Mrs. Taney's account, and by the advice of Dr. Potter and Dr. Buckler. Her health had been failing for several years, and her lungs were supposed to be seriously threatened. She complained of a pain in her breast, coughed a good deal, and had an excited and quick pulse. The alarming symptoms were entirely removed by her visit to the Red Sulphur, and she has since enjoyed her ordinary health. It is proper perhaps to remark, that although Mrs. Taney felt in some degree the benefit of the water whilst she remained at the Spring, yet, we were not sensible of the extent of the improvement until some time after our return home. Both of us have since had much better health than we had known for years before, and we both have great confidence in the efficacy of those waters, and I may add, retain a lively recollection of the kind attentions of Mr. and Mrs. Burk, while we remained there."

The following four cases were communicated by a distinguished physician of South Carolina, who passed the summers of 1822-23, and a part of '24, at the Red Sulphur Spring, and whose name commands as much respect and confidence as that of any other gentleman in the Southern country.

"I shall give you a few of the very many cases that have come under my notice of the efficacy of the Red Sulphur Water in pulmonary diseases. This is due to the community, and also to the intelligent proprietor, who unites in himself the good manners and politeness of a gentleman with the capacity and disposition to add all that he can to the comfort both of the valetudinarian and traveller who may be in pursuit of pleasure."

CASE 1. "In the winter of 1821, it became the duty of B. H. to devote himself to his friend A. B., far advanced in pulmonary disease. B. H. was in good health, and not in the slightest degree predisposed to pulmonary consumption, either by figure or inheritance. A. B. died during this winter with the tuberculous form of this disease. In the spring B. H. began to feel pains in the chest and sides, and frequently to have a tickling sensation about the epiglottis. In July, a slight cough made its appearance, and after a week or ten days was followed by an attack of hæmoptysis. The use of the lancet, low diet, and some mild expectorant, afforded so much relief that the usual occupation of B. H. was resumed. In August, another attack, more severe was experienced, and a troublesome cough excited more alarm. The usual remedies were used, and with relief. In September, a severe attack ensued, a large vessel was ruptured, nearly a pint of blood was thrown up from the lungs, and great emaciation took place. The cough could not be checked, and in October B. H. sailed for the Island of Cuba, with little expectation of ever returning; but his situation was improved by the mild winter of this delightful climate. In April, 1822, he returned to Carolina; still coughing. His situation now became very alarming to his friends, and it was decided that a trip to Virginia should be tried. B. H. rode through the western parts of North Carolina and East Tennessee, and came into Western Virginia at Abing-

don, and reached the Red Sulphur early in June. At this time I was called upon to visit him, and found his pulse 106, cough troublesome, pains in the chest, appetite very variable, tongue preternaturally clean, bowels much disordered and irregular, skin dry and feverish about noon. I directed three tumblers of water to be taken at bed-time, four before breakfast, and as many as were necessary to satisfy thirst during other times of the day. In two weeks the pulse was reduced to 80, 78, and then 75; the cough was very much diminished, the pains in the breast were gradually disappearing. The digestion became good, the bowels regular, the skin more comfortable, and the appearance of the patient much improved. The diet was very simple, and the greatest attention was paid both to the quality and the quantity of it—tea and coffee were abandoned—hominy, rice, or rye-mush, with milk, constituted the breakfast—a small portion of mutton or venison, with rice, made the dinner, and a dry toast and water the supper. At the end of five weeks, B. H. left the Spring perfectly renovated, and apparently quite well, having gained fifteen pounds in weight.

"In 1823 and '24, he again visited the Spring, and remained several weeks; he was not sick, but unwell, and returned to the Spring rather to confirm, than to renew his health. To use his own words, he returned to the Red Sulphur, as to an old friend, to whom he was under great obligations. To the present moment, he has been in the enjoyment of excellent health. This is a strong case. The circumstances of it authorize me to make it stronger, but I am unwilling to excite any doubts of the value of the Spring, by writing extravagantly of its water."

CASE 2. "Mr. J. S., of Mississippi, reached the Red Sulphur Spring in July, 1822. I, being the only physician on the spot, was requested to visit him professionally. I found my patient the most emaciated object I ever saw to be moving from place to place. The history of this case, as learned from himself, was very concise. He had been a soldier at New Orleans, and bore his share in the dangers and difficulties of the campaign, suffered much from exposure, and at the close of the war was, like the rest of the volunteers, sent home, and, like many others, was the worse for the services he had rendered. His constitution was shattered, and he had been more or less an invalid, until within a few months previous to his arrival at the Red Sulphur. A severe cold had left him with a cough, and after awhile this had been succeeded by hæmoptysis of the most alarming character—repeated attacks left him without strength and without hope. He had no hereditary predisposition to pulmonary disease. He had been on the road for some time, and seldom travelled more than five miles a day. His cough was very distressing, pulse quick to the touch, and counting 125 in a minute; night sweats and diarrhœa, pains in the chest, and very hurried respiration, with profuse expectoration, all presented themselves. To me, this seemed a hopeless case, and, as I thought, beyond the reach of the profession. A large blister was applied to the chest, an expectorant mixture was prescribed—a table-spoonful to be taken whenever the cough was troublesome. He was directed to commence with the water in small quantities, (for I was fearful of increasing the diarrhœa.) He took two tumblers at bed-time, and two in the morning early. Upon visiting him the next day, I was informed that he had passed a comfortable night, comparatively speaking—had slept several hours, and was not as much harassed as usual, either by the bowels or cough. He was directed to live upon rice and milk, dry toast, and weak tea. The quantity of water was increased another tumbler. This plan was persisted in, as my notes show, for ten or twelve days, with a gradual improvement in the case. After this time, the water was increased to eight, and sometimes ten tumblers in the day; the pulse was soon reduced in force and frequency, and the cough much mitigated. The sweats at length ceased, and the diarrhœa disappeared. The effect of the water upon the pulse in this case was very remarkable; it seemed to control it, as you would the horse with the bridle; the patient was so sensible of this, that he used to laugh, and say, *if he took an over-dose of the water, his pulse, he believed, would cease entirely.* He rode on horse-back, at the end of a few weeks, ten miles without inconvenience; his weight was very much increased, and he thought himself well.

In six weeks after his arrival, he left the Spring, certainly more improved than any one I had ever seen, with no symptoms of disease remaining except the cough, and that very much mitigated. In 1823, Mr. J. S. returned to the Spring, and I saw him daily. He stated that he had continued well until March, when a sudden change of weather, for which he was not prepared, produced a catarrhal affection, upon the subsidence of which, a cough and much debility ensued. He remained for three weeks, and again left in good health, with the exception of a cough, which was by no means troublesome. From this period, I have heard nothing of Mr. J. S., but am persuaded that he recovered entirely."

CASE 3. "Mr. J. C., of North Carolina, was directed to go to the Virginia Springs by his medical adviser in 1823; but was left to find out the particular Spring that was adapted to his case. I was on a visit to the ——— Spring, and found Mr. J. C., who, upon hearing that I was a medical man, asked for advice. He was of robust habit originally, (as he stated,) and was most unexpectedly attacked by hæmoptysis, whilst in the midst of his usual occupations, which were mercantile. His strength was at this time considerable—his pulse full and strong, respiration laborious and painful, skin dry, appetite inordinate, and the cough allowing him no rest at night. I used the lancet very freely, limited the diet to bread and milk, and water, and desired him to remain quiet. Upon the ensuing day the lancet was again used freely, the symptoms not being mitigated; on the third day, there was little or no improvement, and I desired him to proceed to the Red Sulphur, and use the water in full doses—say four tumblers before bed-time, and four before breakfast; to live low, to take no exercise, and be as quiet as possible. In a week or ten days I returned to the Red Sulphur, and the first person that greeted me was Mr. J. C.; his symptoms had all subsided, which the lancet had failed to control, and yielded at once to the use of the water. This is certainly a most remarkable property in this water, but it is so well known to the surrounding country, as well as to numerous persons who have visited the Spring, that we incur no risk in making the statement we have. It is also peculiar to the water that although on the lowest diet, the strength improves, and the weight is uniformly increased. After some few weeks, Mr. J. C. returned home, restored to the enjoyment of health; and I have never heard of his return to the Spring, which he would certainly have done, had it been necessary to do so. I could go on, my dear sir, and add case after case, but it is unnecessary to do so; the reputation of the Spring is too well established to require any eulogy. I will add one more case, and that not of a pulmonary character, in which the water of the Red Sulphur evinced all the virtues that I have attributed to it in the case stated."

CASE 4. "Gen. P., from Prince Edward county, in Virginia, arrived at the Red Sulphur Spring in August, 1823, so much swollen as to be taken from his carriage with difficulty. The face, hands, feet, and legs, were swollen to an enormous size—the abdomen was absolutely pendulous, and the whole appearance indicated dropsy in its most terrible form. The bowels were torpid—the urine scanty and high-coloured—the appetite bad and the digestion worse—sleep was disturbed and painful from the inability to lie down, and the strength reduced, and daily becoming less.

"The General seemed in much better spirits than could have been expected, and stated, that he had come there on a former occasion quite as sick as we then saw him, and that he had reason to have all confidence in the water. No medicine was taken, but the water was used in such quantities as the stomach would bear. In a few days the bowels became loose, and, at the same time, the kidneys began to secrete and pour forth urine in large quantities. The swelling of course began to subside, and all the functions to assume a more healthy tone and character. The General remained until the latter end of September, and returned home apparently in good health. The patient, whose case has been stated, lived in a fever and ague country, and had suffered much from the disease; his liver was certainly very much deranged in function, if not in structure; his physician at home had pronounced it an incurable case of hepatitis, and did not think he could reach the Spring.

"In '24 I saw the General at the Spring again. His health was apparently good, but he complained of indisposition, and certainly improved during his residence at the Red Sulphur. I have thus, my dear sir, made from my notes the statements herewith sent you. I could multiply them to a considerable extent, but it is useless, as they all go to prove the same thing, viz.: the influence that the Red Sulphur water exercises over the arterial system. I shall not attempt to reason on the subject. It would be satisfactory to me if I could account for the facts; but it is sufficient for me that the facts do exist.

"I do not wish to be understood as stating that the water of the Red Sulphur will cure confirmed phthisis, or tuberculous consumption; but I believe that we are very often mistaken in supposing a case of pulmonary irritation more desperate and hopeless than it really is; and I believe that in most cases, if the Spring is resorted to early, and the clothing and diet and exercise duly attended to, its water will be found a most powerful adjunct and assistant in the management of these hitherto unmanageable cases."

During my visit to the Red Sulphur, every day was devoted to the investigation of the various diseases which afflicted the visitors at that place; noting particularly the effects of the water in the different diseases.

Most of the cases were various forms of pulmonary consumption. In the earliest stage of tuberculous disease, the patients generally complained of abdominal plethora, with cough, some oppression, and restless nights, with frequent pulse. In all these cases, where the water was taken, in such quantities as to operate on the bowels, for a week or ten days, and afterwards increasing the quantity, so as to act freely as a diuretic, and the patients were abstemious in their diet, and took exercise regularly, a rapid improvement was generally the consequence. On the contrary, those who used but little exercise and indulged their appetite without restraint, were slow and tedious in their convalescence. Let it be impressed on the mind of all tuberculous patients, that *sedentary habits* are amongst the most powerful causes of tuberculous diseases.

Many persons arrive at the Red Sulphur who are not prepared to use the water, in consequence of high inflammation, or congestion of the lungs, or other organs, attended with pain in the side, constriction at the breast, or hot and restless nights, with a quick and sharp pulse: all such cases must have the vascular excitement subdued before the water can be taken with any advantage. I saw several of those cases under the management of *Dr. Saunders*, the resident physician of the place, who treated them very successfully by means of bleeding, local and general—emetics of ipecac. before bed-time—blisters, and occasionally the blue pill.

Most of the visitors at the Red Sulphur, this season, were labouring under tuberculous consumption, of the second or middle stage. Many of them had visited the Spring one or two seasons, and there was scarcely an exception among them, who had not experienced one or more attacks of hæmoptysis; and hæmoptysis may generally be considered as an indication of tubercles in the lungs. Those who had visited the Spring before would say that they returned home apparently cured; cough, night-sweats, expectoration, frequent pulse, all relieved; a good appetite restored, and flesh increasing daily. Towards the spring season, the pulmonary symptoms would commence to kindle up again; and by June or July it would become necessary to repeat the visit to the Red Sulphur, although the symptoms were much less aggravated, and the constitution much less enfeebled, than during the previous season.

The water of the Red Sulphur seems to act by *soothing* irritation, lessening the frequency of the pulse, and by subduing the inflammation of the tissues in contact with the tubercles, and thereby rendering the tubercles harmless; and also, by suspending that tendency of the system to generate or deposit tuberculous matter. It is not unusual in post mortem examinations, to discover tubercles in the lungs of subjects who had never exhibited any signs of pulmonary disease during their lifetime; and in visiting the slaughter-houses of butchers, we have been astonished to observe numerous tubercles in the liver and lungs of animals, particularly the hog and sheep, which were fat and otherwise in a healthy condition.

"Dr. Carswell," says Dr. James Clark, "has remarked it as an important fact that the mucous and serous tissues in contact with the tuberculous matter, are often found in a healthy condition, while this continues. Tubercles may remain an indefinite length of time in their original state, or the softer part of the tubercle may be absorbed, leaving the more solid calcareous portion only in its site—a termination which occurs more commonly, I believe, than is generally supposed."

Among this description of patients who had visited the Red Sulphur two seasons, was Mr. Jacob S. King, of Henry county, Va., who stated that he was taken ill with influenza in February, 1835, followed by pulmonary symptoms of a serious character. "About the 7th of August following," says Mr. King, "I arrived at the Red Sulphur Spring, labouring under diarrhœa, with acute pain in both sides, so much so that I could not remain on either side, for one minute at a time, without great suffering. My pulse was from 120 to 130 in a minute, and my cough very troublesome. The second day after my arrival at the Red Sulphur, I was freely cupped and leeches on both sides, and at night took a pill composed of morphine, ipecac. and blue mass. The third morning I took an emetic of ipecacuanha. My diet was simply one glass of milk and a piece of stale light bread, three times a day, for fourteen days, and drank the water freely during this period. I gained a pound of flesh daily, and my pulse was reduced to 76 in a minute; my cough, strength, and general feelings were very much improved; bowels entirely regular and in good condition." "I am now at the Red Sulphur, August, 1837, enjoying much better health than in 1835—my cough being but very slight, although my health is not entirely restored."

The cases generally labouring under this stage of pulmonary disease improved in their health, particularly if they remained long enough at the Spring, restricted themselves to a proper diet, and took sufficient exercise; but there were a few among them who took little or no exercise, and gave unlimited indulgence to an inordinate appetite. In such cases I took no interest, and observed but little change in their appearance.

On examining the visitors labouring under pulmonary diseases, I observed that all those patients who drank the water so as to act freely on the bowels, for any length of time, did not improve in their health, because active purging is not proper for the lungs in this disease. The water must be drank in such quantities as to act freely on the kidneys. There seems to be an immediate association* between the lungs and the kidneys, and the kidneys seem to be the great emunctories by which the lungs are relieved in all pulmonary diseases. This idea has been repeatedly suggested to me, in my attendance on patients labouring under this disease. On inquiring into their condition, they have frequently said, "I feel much better to-day; I have had a most copious flow of urine, which has afforded me great relief." This view of the connexion between the lungs and the kidneys has been confirmed by witnessing the diuretic effects of the Red Sulphur Water in pulmonary diseases. I have a friend who is a physician, and who has laboured, more or less, under pulmonary disease for twenty years. He informed me that whenever his lungs were disturbed by irritation, he always resorted to "cooling diuretic medicines for relief."

There were but few persons labouring under the third or last stage of tuberculous diseases, who visited the Red Sulphur this season; and among those few there was scarcely a case that derived any advantage from the use of the water. When tuberculous disease arrives at this stage, and the constitution is broken down, it is not only *useless*, but *cruel*, to send the patient to the Red Sulphur. I am sorry to say that several of my patients in this condition, by my advice, visited the Red Sulphur this season, and I witnessed the bad effects of the water in their case, as well as in the case of others of a similar character. They were labouring under that peculiar irritation, and perhaps ulceration, of the bowels, so common in this stage of the disease; they were unable

* This association seems to exist also between the heart and the kidneys, as manifested, during the use of the water, in several cases of diseases of the heart.

to drink more than a small quantity of the water, and the consequence was, that the bowels were purged and griped, the secretion of the kidneys was not increased, and the patients grew worse daily.

The following case of rheumatism of the heart was communicated by Wallace Allen, Esq., of Richmond, Va., dated February 15, 1838:

"For some years I was a martyr to rheumatic affections, and, finding no permanent relief from the various remedies proposed either by my friends or attending physicians, I was induced, as a dernier resort, to visit the Hot Spring, in the summer of 1821. After remaining there eighteen days, I found my health so far restored as to deem a longer stay unnecessary. From that period my health, though not robust, suffered little apparent declension, until 1835, when I began to experience a change of feeling, commencing with irregular and inordinate action of the heart;—that organ being evidently enlarged, and its vessels, together with the whole arterial system, suffering great derangement, and producing violent palpitations. During the latter part of that year and beginning of the next, my disease gained ground to an alarming extent. I became listless and inactive. My mental faculties seemed obscured in a cloud, and my physical energies so prostrated, that an entire suspension of my regular pursuits became imperative. Under these circumstances, I consulted a medical gentleman of great eminence, residing in Philadelphia, who, after a minute investigation, pronounced my disease *rheumatism of the heart*, and prescribed, as the only means of cure, moderate exercise, meager diet, and a trip to the *Hot Spring*. At this time the symptoms were so severe as almost to threaten the extinction of life—intense throbbing of the temporal arteries, great debility and depression of spirits, were the characteristic features of my complaint. In the month of July, 1837, I visited the Hot Spring, where I remained thirty days, and experienced considerable alleviation. I then determined on removing to the Red Sulphur, thinking to test, by my own observations and experience, the high renown of their medical properties, as famed for allaying arterial excitement. Accordingly, early in September, with some agreeable companions, (which formed a great inducement,) I wended my way to that beautiful valley, where health and pleasure seem to dwell as tutelary guardians of the lovely spot. There I determined to remain some days, that I might inhale the invigorating freshness of the mountain air, and luxuriate in the delights of the mountain scenery. And well was I repaid, not only in the happy results of the experiment, as it regarded my health; but further, as it enabled me to cultivate some valuable acquaintances recently formed, among whom I am pleased to recognise a physician, who evinced no common interest and sympathy in my case. By his advice I remained three weeks, making free use of this health-restoring fluid, and receiving therefrom benefit transcending my most sanguine expectations. During my stay at this spring, I found each painful and alarming symptom gradually subsiding, and the pulsations of the heart and greater arteries decreased from 96 to 72 vibrations in a minute; the throbbing of the head ceased to annoy me, and I had every reason to consider myself convalescent. The last week in September I returned home with renewed health and invigorated feelings, and am now daily growing better. My usual amount of strength has returned, and I am confirmed in the opinion that the malady under which I had so long laboured, and all its distressing consecutives, have been totally eradicated by the free use of the Red Sulphur Water.

"Here let me bear testimony to the polite kindness of the worthy proprietor of that celebrated watering place, whose unceasing attentions to the wants and comforts of his guests call for high eulogium."

The Red Sulphur Water may be used with the most decided benefit in obstinate cases of bowel complaints, gleet, leucorrhœa, catarrh of the bladder, and uterine derangement.

It is not unusual for persons, while using this water, to pass calculi from the bladder, some specimens of which are in my possession, about the size of common beans. I do not pretend to assert that the water has any specific action on the stone, but by its powerful diuretic effects, by allaying irritation, and probably by relaxing the urethra, the calculi are washed, as it were, from the

bladder without pain. This fact is worthy the consideration of all persons labouring under calculous affections of the kidneys or bladder.

The general instructions which have been given, regarding the mode of using the Red Sulphur Water, may not be considered sufficiently condensed to meet the view of the general reader. I will, therefore, recapitulate the directions. Begin the use of the water with great caution. If the system should be too plethoric or too much excited, the use of the water should be postponed until the excitement shall be reduced to a proper state. Commence by taking one glass of water at bed-time, and one before breakfast; after a few days, take two glasses at bed-time and two before breakfast; one at 11 o'clock, A.M., and one at 5, P. M. This quantity will generally operate freely on the bowels; if it should fail to produce this effect, a little common salt, magnesia, or cream of tartar may be added. If it is desired to act on the kidneys, increase the quantity of water to three or four glasses between a light supper and bed-time, and the same quantity between daylight in the morning and breakfast time, two glasses at noon, and one or two glasses about 5 o'clock, P. M.,—taking care to exercise freely after drinking. The most proper periods for using the water are at night, before bed-time, and in the morning, before breakfast time.

One of the greatest virtues of this wonderful water is displayed in its effectual cure in the *secret diseases* of both sexes. When a bottle is uncorked, and but a portion of it used, a new cork well driven in, should be immediately substituted, and the bottle placed in a vessel of water, neck downwards, until again used. Its qualities otherwise will suffer from exposure to the air. When well and properly bottled, (in which there is much skill,) it will keep for years as pure and as strong as at the Fountain.

Certificate of the Rev. Mr. Wynkoop, Pastor of the First Presbyterian Church, Wilmington, Delaware.

I visited the Red Sulphur Springs in the summer of 1849. In May of this year I was attacked with bilious pneumonia. The disease was severe, and my constitution ill prepared to encounter it. A great debility remained after the disease left me. My throat and chest were much irritated. The liver was inactive, and my friends apprehended a fatal termination at no distant day. I used the water moderately, seldom taking more than six glasses a day, often less. In using the water, I experienced considerable variation in my system. Sometimes I felt the beginnings of renovation, at others of sinking; sometimes feverish, then languid, sometimes I gained flesh rapidly, then lost it more rapidly.

About the third week of my sojourn at the Springs, my lungs and the region of the pleura were much excited. I could not ride on horseback on this account. And, fearing that the sulphur waters were injuring me, I either gave up the use of them altogether, or else used them very sparingly. On leaving the Springs, I doubted whether I had derived any benefit from them. But my doubts were entirely relieved very soon after reaching home. The waters had produced the most favourable alterative effects. I became in a short time stronger and fatter than I had been for twenty years. In the course of the autumn and winter, my health became confirmed: under the Divine blessing, the Red Sulphur water was chiefly the agency of my restoration.

Wilmington, Del., 13th May, 1850. S. R. WYNKOOP.

Certificate of Judge Brown.

At Red Sulphur Springs, Sept. 23d, 1851.

In the month of January, 1851, I had an attack of Bronchitis, attended by a cough, which was particularly troublesome at night, and an occasional spitting of a bloody phlegm or mucus. My physician informed me it was caused by an inflammation of the mucous membrane of the bronchial tubes. I paid but little attention to it at first, trusting to the strength of my constitution for

relief. The complaint, however, gradually increased, and was accompanied by great debility and difficulty of breathing, so much so, that throughout the whole month of June, I was unable to lie down at night without having my head raised very high by pillows, or to leave my bed in the morning without taking a cup of tea, or some other stimulant, before rising. I had recourse to medical advice and aid, kept my breast sore by means of blisters, took Cod Liver Oil, Ayer's Cherry Pectoral, and every thing which was prescribed for me, from the latter part of February until I reached the Red Sulphur Springs, without obtaining more than temporary relief. I had gradually decreased in weight from 175 pounds to 135 pounds, and began to fear I should not recover.

I left home on the 5th of July, and arrived at the Red Sulphur Springs on the 8th. On the 9th, my pulse was 98. In four days it was reduced below 70, and ultimately as low as 64, between which and 68 it continued with little variation. In two or three days I felt the soothing influence of the water through my system. The symptoms of my disease gradually disappeared, and I recovered my strength, without increasing in weight, however, more than a few pounds. I remained on my first visit six weeks, with an interval of four days which I spent at the Salt Sulphur Springs, without using more of the water than was necessary to operate as a mild cathartic. On my arrival at the Springs, I threw away my medicines and relied on the water alone; the only aid I afforded it was to have my body and limbs well rubbed every night with a coarse towel, from which I have no doubt I derived great advantage.

I used the water as recommended in Burk's Virginia Springs, commencing with six or eight tumblers, and gradually increasing the quantity to eighteen, which was the most I drank in any one day.

My diet, for the first three weeks, was tea and toast for breakfast; at dinner, I ate meat moderately, confining myself to a single dish; for supper, milk and toast, (tea preventing me from sleeping.) Exercised entirely on horse-back, or in a carriage.

After an absence of two weeks, I returned to the Springs, more with a view of confirming my health than to get clear of disease, as I felt no symptoms of my complaint.

I have now been upwards of three weeks here, except a short absence at the Salt Sulphur, and, judging from my feelings, enjoy as good health as I have done for years. I can walk without fatigue, or shortness of breath, two or three miles, the greatest distance I have attempted.

My strength is nearly restored, and I have gained some eleven or twelve pounds in weight.

The foregoing statement is given at the request of the proprietor, and with a hope that others similarly affected as I was may obtain like relief.

Before concluding, I consider it alike due to myself and Mr. Dunlap, to acknowledge the uniform kindness and consideration I have received from him, and all connected with the establishment.

J. E. BROWN.

Certificate of Rev. Richard Johnson, a Minister of the Episcopal Church in Georgia.

It is with pleasure that I furnish the following statement of my case for the encouragement of persons who may be disposed to use the water of this celebrated Spring, for diseases similar to those from which I have suffered.

About eighteen months ago, I was attacked with a severe cough, which was much aggravated by fatigue and exposure. To this was soon added a deranged liver. In September last, I went to bed, where I remained two months. My physician soon despaired of my life, and I was reported dead. At the end of a month, a sudden and unexpected reaction took place in my system, and my liver seemed to be nearly restored. I passed the winter on the sea-board, and regained much of my flesh and strength. A quick pulse and distressing cough remained, and, although I resumed my ministerial duties, I was so much reduced by the middle of July, as to render a suspension from labour necessary. My physician recommended a visit to the "Virginia Springs," and in Macon, Geo., I learned from a friend that the *Red Sulphur* was the only Spring adapted

to my case. I reached the Spring on the 11th day of August, much fatigued, my pulse at one hundred, and my cough distressing. I could not walk one hundred yards briskly without panting. What benefit have I derived? My cough is so near well as to give me no inconvenience, my pulse is reduced to 70 and 75, my appetite is good, my weight is increasing, and I walk with ease ten miles in a day over the mountain roads of the neighbourhood. I am still taking the water, and feel most thankful to Almighty God to be able to say that I have every prospect of being able to resume my ministerial duties in good health and with increased strength.

My companion, Mr. —, of Georgia, has been relieved of chronic diarrhœa and palpitation of the heart.

I found the company at this Spring cheerful, the society good, the servants competent and attentive, the table excellent, and the worthy proprietor kind, obliging, and thoughtful of the wants of his visitors.

Red Sulphur Springs, Va., Sept., 1851.

RICHARD JOHNSON.

Extracts from Burke's New Work on the Virginia Springs, Va. Published by Morris & Brother. 1851.

The following extracts are from the valuable work lately published by Dr. W. Burke, whose reputation as a practitioner of medicine about the several Springs is well known to the public:

"The diseases in which the Red Sulphur has been most available are: *chronic laryngitis, chronic bronchitis, hæmoptysis, chronic phthisis, functional diseases of the heart, hypertrophy of the heart, mucous diarrhœa, irritability of the nerves, producing sleeplessness, irritation of the kidneys and bladder, lithic acid gravel, chronic hepatitis, amenorrhœa, dysmenorrhœa, menorrhagia, chronic splenitis, chronic gastritis, hæmorrhoids, scrofula, chronic exanthemata of the skin.*—Page 107.

"It will be readily seen, then, in chronic affections of the organs of respiration, and of the abnormal viscera, if these affections amount to irritation, or subacute inflammation, that the *Red Sulphur* alone of the *sulphur waters* is admissible."—Page 106.

"Having now, I think, not only proved that tubercular consumption is not incurable, but that the *Red Sulphur water* affords the best chance for cure or relief, I feel it incumbent upon me to make a few observations on the treatment of that disease."—Page 129.

"I candidly acknowledge that there are annually many persons presenting themselves at the *Red Sulphur* that are not, and cannot be benefited, and whom, if I could have seen them before they left the comforts of home, and the kind attentions of friends, I would have advised them against the journey; but, again, I do say, that if there be hope left, it is in the water of the *Red Sulphur.*"—Page 114.

"The most conclusive evidence of its power in functional diseases of the heart may be adduced in several cases in which the action of the arteries and heart has been reduced in frequency from 30 to 40 pulsations in a minute. Is there any other agent known to science that will do this? I humbly conceive there is not; and, therefore, I venture to promise patients affected with functional diseases of the heart, the best results from a judicious use of this water."—Page 138.

"*Menorrhagia.*—It is clear that no agent that excites the system is admissible in this disease. Females labouring under this form of uterine affection will, therefore, find the *Red Sulphur* alone appropriate, connected with a mild, unexciting regimen."—Page 142.